

NAVAL BASE CORONADO



SAF-T-LINES



September 2004



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LABOR DAY

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well being of our country.

Labor Day traditionally marks the end of summer and a time when children are back to school. The upcoming long holiday weekend affords most an opportunity to cap off summer activities and spend time with family and friends. During this holiday weekend SAFETY must be everyone's number one priority.

2004 Critical Days of Summer

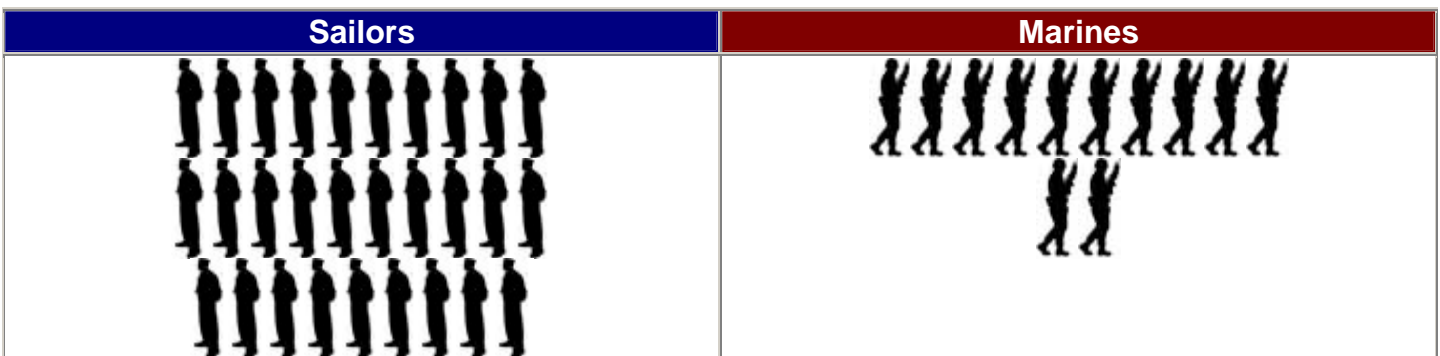
This year, there are 102 days from the Memorial Day weekend (starting Friday, 28 May) through Labor Day. These are called the "Critical Days of Summer" because the non-operational fatality rates are usually higher than the full-year rates, as the tables below show.

Here's how we stand through 22 August (after 87 of the 102 days):

	Actual Fatalities	Actual Rate	Predicted Fatalities*	Predicted Rate
Navy PMV	22	24.33	23	21.69
Marine PMV	10	23.78	20	40.55
Navy Shore/Rec	7	7.74	11	10.37
Marine Shore/Rec	2	4.76	2	4.06

2004 Critical Days of Summer Fatal Mishaps

28 May 2004 - 22 Aug 2004



Navy Mishaps

Date	Type	Description
20 Aug	4-Wh	HM2 injured in car accident and died at scene.
11 Aug	4-Wh	SN died from injuries sustained in two-vehicle mishap.
07 Aug	S/R	LT was killed in a recreational skydiving accident.
27 Jul	4-Wh	FA died from injuries sustained in a single-vehicle mishap.
24 Jul	4-Wh	ET2 died from injuries suffered in a PMV mishap.
22 Jul	M/C	SN on motorcycle collided head-on with PMV. No helmet.
11 Jul	4-Wh	HT3 drove his SUV over 300' cliff while turning around on road. No belt.
10 Jul	S/R	YN died in fall from off-base building. Alcohol involved.
09 Jul	M/C	MM3 died in single-vehicle motorcycle mishap.
05 Jul	S/R	MM1 & MM3 dirt biking in desert died of exposure.
03 Jul	M/C	OS1 died in motorcycle mishap
03 Jul	4-Wh	BM1 died in motor vehicle mishap
30 Jun	M/C	EM2 died in single-vehicle motorcycle mishap.
27 Jun	S/R	FN fell off rocks into local natural swimming area and drowned.
27 Jun	Ped	AT3 walking in road was hit by three vehicles and died at scene
19 Jun	4-Wh	AZ3 died in single motor vehicle accident.
18 Jun	M/C	EN2 was killed in motorcycle accident in intersection. Alcohol involved.
12 Jun	S/R	BMCS drowned while swimming in lake.
12 Jun	4-Wh	Three Sailors died when car hit wall, burst into flames and rolled over.
11 Jun	4-Wh	LT died in automobile accident.
06 Jun	4-Wh	SHSR driver and SHSR passenger were killed when their car hit a tree.
05 Jun	S/R	UTCA died in swimming accident in local back bay.
05 Jun	4-Wh	LI3 speeding died in single vehicle mishap.
01 Jun	M/C	MM2 on motorcycle hit pickup truck, which turned into his path.
29 May	M/C	ICCS on motorcycle hit car, which turned into his path.

Marine Corps Mishaps

Date	Type	Description
17 Aug	4-Wh	LCPL lost control of PMV and was ejected. Not wearing seat belt.
16 Aug	M/C	CPL on m/c rear-ended PMV, suffered severe head trauma, died 21 Aug.
01 Aug	4-Wh	LCPL hit a tree and ran into a river.
29 Jul	M/C	LCPL crossed centerline, hit SUV, and then was hit by another motorcycle.
29 Jul	4-Wh	LCPL speeding hit concrete barrier and was ejected from vehicle.
25 Jul	S/R	LCPL drowned while swimming. Alcohol involved.
15 Jul	4-Wh	PFC injured in single-vehicle mishap. Alcohol/speed factors. Died 22 Jul.
8 Jul	M/C	SSGT riding m/c hit guardrail at high speed, thrown 100 feet and killed.
26 Jun	Ped	WO stopped to help at accident scene. Hit and killed by another vehicle.
10 Jun	S/R	CPL disappeared while on instructional scuba dive with instructor.
30 May	4-Wh	PVT lost control of PMV and was ejected. Speed/alcohol/no belt.
28 May	4-Wh	LCPL lost control, hit pole. CPL passenger killed. Speed/alcohol factors.

Off-Road Driving Safety

- PPE
- Required Training
- Familiar With Equipment
- Stay on Designated Trails
- No Alcohol



Busted On Base

- Reflective Clothing During Night, Rain Or Snow

What?
A Helmet Requirement

- Ride With Traffic

- Walkman Radios Prohibited



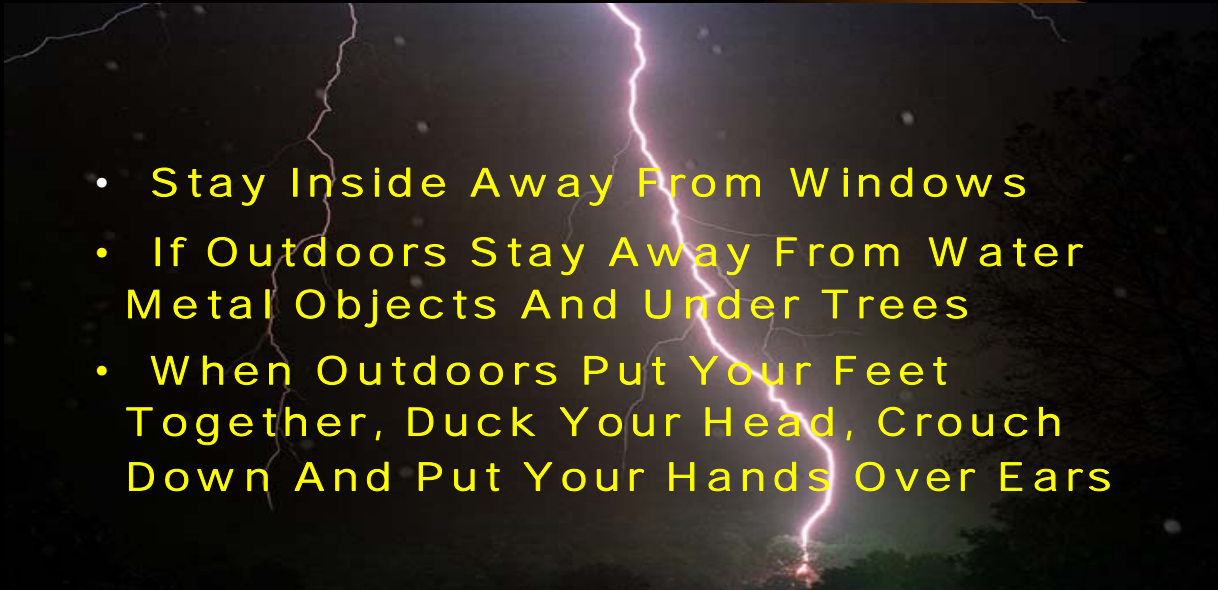
Camping Safety

- CHECK WEATHER FORECASTS BEFORE YOU LEAVE
- WATER-REPELLANT AND WIND-RESISTANT MATERIAL FOR TENTS AND SLEEPING BAGS
- WEAR PROPER FITTING LAYER CLOTHING, BOOTS & CAP
- INSECT REPELLANT AND MOSQUITO NETTING
- COOLER FOR PERISHABLE FOODS
- NO COMBUSTIBLE MATERIALS WITHIN 10 FEET OF CAMPFIRE
- STAY ON MARKED TRAILS
- AVOID POISONOUS SNAKES AND PLANTS



Lightning Kills

- Stay Inside Away From Windows
- If Outdoors Stay Away From Water Metal Objects And Under Trees
- When Outdoors Put Your Feet Together, Duck Your Head, Crouch Down And Put Your Hands Over Ears



Swimming Safety

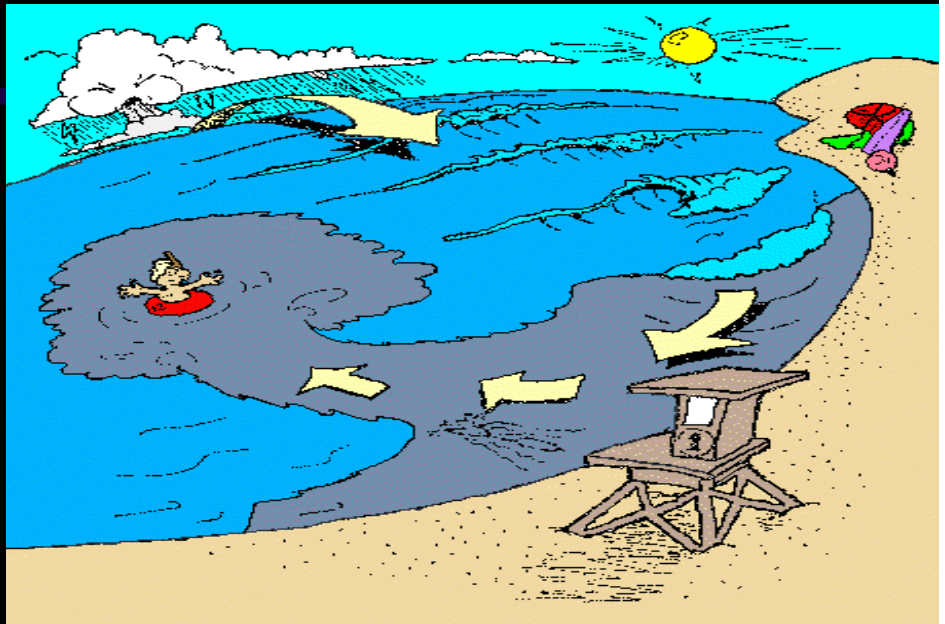
- Know How To Swim
- Swim With A Friend
- Swim In Areas With Life Guards
- No Hyperventilating & Extended Breath-Holding Technique
- Look Before You Leap

Beware Of Rip Currents

If you find yourself caught in a RIP CURRENT, turn and swim PARALLEL to the shore line.

Once out of the stronger current turn and swim into shore.

If you attempt to swim against the RIP CURRENT, you will most likely succumb to fatigue and probably drown!



Fall Fishing Can Be Deadly

- Wear A PFD
- Avoid Thrashing Around Keep Clothing On
- If Boat Capsizes Climb Back Into Or On Top



Basketball

Hazards

- Poor Conditioning
- Skill Level
- Lack Of PPE
- Violation Of Rules
- Slip Hazards

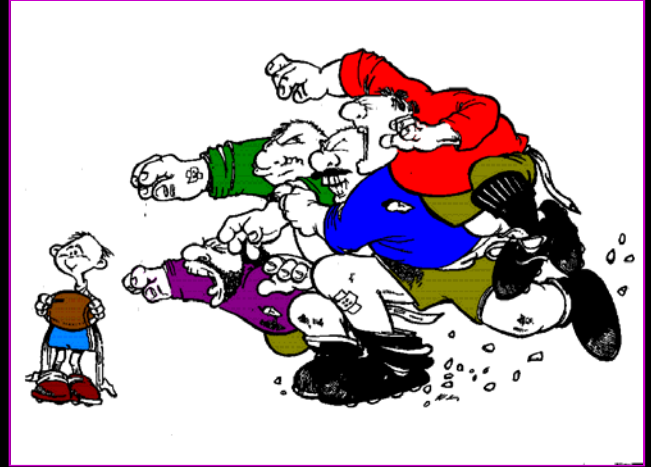
Controls

- Warm-Up/Cool Down
- Play Within Your Ability
- Appropriate Shoes
Elbow/Knee Pads
Mouth Piece
- Remove Jewelry/
No Horseplay
- Wipe Off Moisture



Flag Football

- ◆ Billed Caps Prohibited
- ◆ Block Between Shoulders And Waist
- ◆ Fumbles Can Not Be Advanced
- ◆ Rubber Cleats Or Tennis Shoes



Soccer Safety

- Ensure You Stretch Adequately
- Goal Posts Anchored
- Wear Appropriate Shoes
- Shin Guards
- Drink Plenty Of Water
- No Unsportsmanlike Conduct



Walking Casually or Walking Casualty—A Deadly Difference

Pedestrians may have the right of way, but that law didn't help a Navy ensign who was crossing a street at night when a speeding drunk driver in his Ford F350 truck hit her. Paramedics treated the victim at the scene and had her airlifted to a medical center, where doctors pronounced her dead from blunt-force injuries to the head and trunk.

In another incident, two Sailors were within 100 yards of an intersection where they could cross a four-lane highway. One of them (a petty officer), however, decided to dart across at an uncontrolled point. He paid the ultimate price when an SUV hit and killed him. The shipmate who stayed on the sidewalk wasn't injured.

These examples point out the fact that pedestrian safety is everyone's responsibility. It isn't enough for pedestrians to assume drivers always are going to give them the right of way. What happens if a driver is drunk or his car's brakes aren't working right?

When you're on foot and approach a crosswalk, your only safe course is to check for vehicles and to gauge how fast they're going before you decide to cross. Once you're in the crosswalk, don't tie up traffic by acting as though you're out for a casual stroll.

Basic Pedestrian Precautions

Here are some other tips to protect you and your family when walking in traffic:

- Stay on the sidewalk and crosswalks; avoid walking in traffic where there are none. If you absolutely have to walk on a road without sidewalks, always walk facing traffic.
- Cross at intersections. Cars while crossing the road at places other than intersections hit most people.
- Stop at the curb and look left, right, then left again for traffic. Stopping at the curb signals drivers that you intend to cross. Use marked crosswalks, and obey the signals.
- Drivers need to see you to avoid you, so stay out of their blind spot. Make eye contact with drivers when crossing busy streets. Wear reflective clothing and carry a flashlight if you walk at night.
- Don't let small kids play near traffic or cross streets by themselves because drivers may not see them if they suddenly run into the street. This problem is compounded by the fact most kids cannot judge vehicle distances and speeds. As kids get older, teach them the basics of crossing a street (e.g., cross at a corner with a traffic light; stop at the curb; look left, right, then left again to make sure no cars are coming).

Impaired Pedestrians

Everyone knows you shouldn't drive impaired, but what many people may not know is that excessive drinking can have the same deadly consequences for pedestrians. Almost one-third of all pedestrians who die in traffic-related crashes are intoxicated, and alcohol involvement for the driver or the pedestrian is reported in nearly half of all pedestrian fatalities. Most of these crashes involve males and occur at night, especially on weekends. As compared to sober pedestrians, alcohol-impaired pedestrians cross the roadway from unexpected locations. Here is lifesaving information for motorists and pedestrians:

Motorists. Don't drive impaired; it slows your reaction time, clouds your judgment, and affects your alertness and coordination. When you drive, particularly at night around populated areas, watch for sudden, unexpected movements by pedestrians. Scan the road widely and often, and prepare for the unexpected. Slow down!

Pedestrians. Remember that alcohol affects your balance, impairs your judgment, and reduces your alertness and coordination. It also can affect your vision. Limit how much alcohol you consume, especially if you plan to walk. Don't fool yourself about your ability to walk safely in traffic. Be more visible to traffic by carrying a flashlight or wearing retro-reflective clothing at night. During the day, it's best to wear fluorescent colors. Wearing white, especially at night, is not enough. If you know someone has been drinking and is planning to walk, offer to call a cab or to be an escort, even if it's only for a short distance.

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED AT BLDG 678 RM 227

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish SAF-T-LINES. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.

